

How Silence Affect our Focus During Tasks

BAB I

PENDAHULUAN

A. Latar Belakang

Sometimes when I'm studying, I feel more focused with no music. Though other times too, I feel my thoughts distracting me every second. So, everytime I plan to study, I have a small and persistent conflict about the time and place. This makes me wonder if silence helps us focus, or the opposite, or even if it depends on the type of task.

B. Rumusan Masalah

1. What effect does silence have on us, depending on the task that is being done?

C. Tujuan Penelitian

1. To find out whether silence improves people's ability to focus on their tasks.

D. Manfaat Penelitian

1. To help me, and other people find suitable and effective environments to efficiently work on their tasks.

E. Hipotesis

I predict that silence is beneficial during tasks where we receive, process, or are trying to comprehend data. Whereas silence could provide vulnerability for us to stray from focus during tasks where we produce things such as writing or drawing.

BAB II

LANDASAN TEORI

A. Kajian teori

1. Focus

In accordance to Leonardo Tavares. (n.d.) this paper also defines that focus refers to the capacity to direct attention and efforts toward a specific goal or task, disregarding distractions and maintaining concentration on a single activity or objective.

2. Silence

In this paper, silence is defined as a low-stimulation environment. Or, the absence of auditory stimuli—such as background noise, music, or speech.

BAB III

METODE PENELITIAN

The research method used in this paper is literature review. It involves identifying, evaluating, and analyzing sources regarding the varying impact of silence on focus while performing tasks. The goal is to correlate existing sources into a conclusion, rather than conducting original experiments

BAB IV

HASIL PENELITIAN

Threadgold et al. (2019) found that background music, with or without familiar semantic content (i.e., lyrics), or in the absence of speech, disrupts performance on CRATs, which represent a class of highly researched verbal problem solving tasks that are often solved creatively through insight-based processes.

American Psychological Association (APA, 2021) states that the Compound Remote Associates Problems (CRAP) or the Remote Associates Test (RAT) are common laboratory tasks used in studies of problem solving, APA (2021) also mentioned that they are also used in a common test of creativity.

An experiment about the effects of task interruption and background speech on word processed writing, done by Keus van de Poll and Sörqvist (2016) revealed that mental workload was lower for conditions in silence compared to background speech, and higher in conditions with interruptions in comparison with conditions without interruptions.

Another study revolving in a work environment was done, this time in the context of software design tasks. Lesiuk (2005) found that the results indicated that state positive affect and quality-of-work were lowest with no music, while time-on-task was longest when music was removed. Narrative responses revealed the value of music listening for positive mood change and enhanced perception on design while working.

Mehta et al. (2012) says the results from five experiments demonstrate that a moderate (70 dB) versus low (50 dB) level of ambient noise enhances performance on creative tasks and increases the buying likelihood of innovative products. A high level of noise (85 dB), on the other hand, hurts creativity. Process measures reveal that a moderate (vs. low) level of noise increases processing difficulty, inducing a higher construal level and thus promoting abstract processing, which subsequently leads to higher creativity. A high level of noise, however, reduces the extent of information processing and thus impairs creativity.

BAB V

PEMBAHASAN

Following the experiments from Threadgold et al. (2019) and Keus van de Poll and Sörqvist (2016), when doing tasks that emphasises the requirement for high cognitive load or information processing, silence tend to be the environment most suitable for us to be productive.

Whereas during tasks that are repetitive or routine, we tend to not focus nor stick to our task in silence. Similarly seen in Lesiuk (2005) where computer programmers performed better in silence, while doing their software design tasks, a task that is considered repetitive.

Interistingly however, silence may also reduce creativity. A little noise could actually help us be more creative, since our brain works harder to focus amidst all the noise, we would eventually process things harder and innovatively, ultimately giving us a creative boost.

BAB VI

KESIMPULAN

This paper was set to find out the suitable environments we can use to efficiently work on tasks. After some observation from other experiments and studies online, it is concluded that a low-noise environment is practical for tasks that require deep concentration, such as verbal problem solving tasks or word processed writing. In silent environments, the brain can thoroughly focus on the task in hand, providing better quality work by minimizing distractions.

The researched also revealed that silence isn't the best environment for all tasks. With long, repetitive tasks, silence can provide a sense of boredom and satiation of the task. And with tasks that require creativity, silence is also not the best option, since subtle obstacles in focusing may encourage creative thinking.

In conclusion, while working on heavy concentration demanding tasks, silence would be the best option. For automatic or creative tasks, silence isn't so beneficial. So, the effect of silence on our tasks isn't outright fixed, it depends on the type and intensity of our task.

DAFTAR PUSTAKA

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